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Publications



CTUMS: Canadian Tobacco Use Monitoring Survey

Trends in Smoking, 1999

The Canadian Tobacco Use Monitoring Survey (CTUMS) was developed to provide Health Canada and its partners with timely, reliable, and continual data on tobacco use and related issues. The survey's primary objective is to track changes in smoking status and amount smoked, especially for populations most at risk, such as 15-24 year olds. (A description of survey design and methods may be found at the end of this document.)

Fact sheets based on Wave 1 of CTUMS (February–June 1999) were released in January 2000. Wave 2 of CTUMS was collected between July and December, 1999.

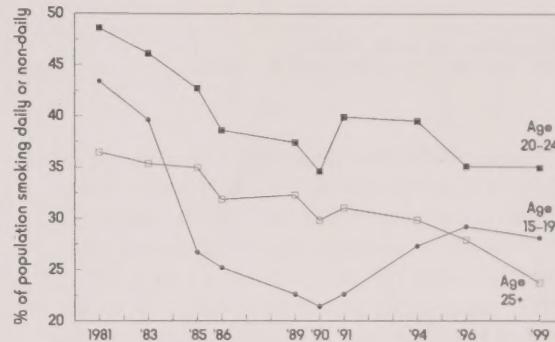
These latest findings are based mainly on the full-year data (Feb-Dec/99) for which Statistics Canada interviewed approximately 22,000 persons throughout 1999.

How Many Smokers in Canada?

In 1999, there were slightly more than 6 million smokers in Canada, or 25% of the population aged 15 and older. This is half the proportion of smokers in the population when the federal government began monitoring smoking in 1965.

It is encouraging to note that since 1981 all age groups have experienced a decline in smoking. Nevertheless, since 1990, it is the older groups, those 25 years and older, who have shown more significant reductions in prevalence (Fig. 1). Smoking by teens aged 15-19 years, though down significantly from 43% in 1981, has increased since 1990 (21%), but appears to have reached a plateau at around 28% since 1994. For young adults aged 20-24, smoking prevalence trends reflect the impact of trends in the 15-19 year old feeder group. During the 1990s, prevalence rates for the 20-24 age group rose in the early part of the decade, stabilized, and started falling in the mid-decade; they have now stabilized around 35%.

— Figure 1 —
Trends in Smoking Since 1981
Current smokers, by age, Canada 1981–1999



Sources: 1981–1986 Labour Force Survey supplements; 1989 National Alcohol and Other Drugs Survey; 1990 Health Promotion Survey; 1991 General Social Survey; 1994 Survey on Smoking in Canada, Cycle 1; 1996–97 National Population Health Survey; 1999 Canadian Tobacco Use Monitoring Survey, Full Year

Who is Most Likely to Smoke?

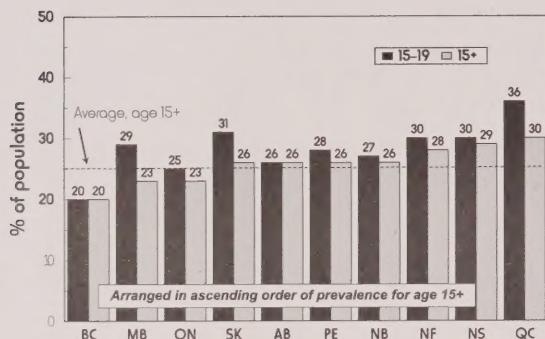
Smoking is most common among those with less than high school education. Prevalence is also above the national average among residents of Quebec, Newfoundland, and Nova Scotia (Fig. 2). In Canada, 42% of men aged 20–22 years smoke (Fig. 3), a group that will bear further monitoring.

Non-smoking Canadians — who have either quit or never smoked — are most likely to be older, have university degrees, and live in British Columbia, Manitoba, or Ontario.

In general, of Canadians 15 years and older, men are more likely to smoke than women (27% and 23% respectively). Between the mid-teen and mid-20 years, however, there is a striking reversal in the smoking

— Figure 2 —
Provincial Differences in Smoking

Current smokers,* by province and age, Canada 1999



* current smokers – daily, non-daily, beginners

Source: 1999 Canadian Tobacco Use Monitoring Survey, Full Year

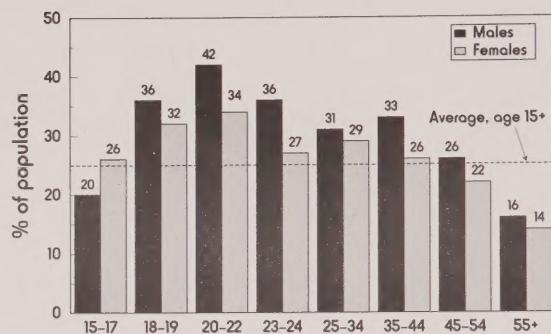
behaviour of the two sexes (Fig. 3). For the age group 15-17, a higher proportion of young women are smokers than men (26% vs 20%). For the age group 18-19 years this changes, with 36% of young men smoking versus 32% of young women. By age 20-22, 42% of young males smoke, whereas 34% of young women smoke. By age 23-24, the gap between the sexes has reached its widest point, at 36% of young males versus 27% of young females. At older ages, the differences in smoking prevalence are smaller.

Provincial rates of smoking for current smokers aged 15 years and older and aged 15-19 are presented in Figure 2. Except for Newfoundland, Nova Scotia, Quebec and British Columbia, smoking prevalence rates are within a few percentage points of the Canadian average of 25%. Quebec, Newfoundland and Nova Scotia, with prevalence rates of 30%, 28% and 29% respectively, are higher, while British Columbia has the lowest prevalence rate of all provinces, at 20%. Teen smoking is highest in Quebec, at 36%, and is above the national average in Manitoba, Newfoundland, Nova Scotia and Saskatchewan (at 29%, 30%, 30%, and 31% respectively); again, it is lowest in British Columbia, at 20%.

Of the five provinces where cigarettes are available at relatively cheap prices (New Brunswick, Nova Scotia, Ontario, P.E.I., and Quebec), all but Ontario have above-average total smoking rates (Fig. 2). With respect

— Figure 3 —
Age and Sex Differences in Smoking

Current smokers,* by age and sex, Canada 1999



* current smokers – daily, non-daily, beginners

Source: 1999 Canadian Tobacco Use Monitoring Survey, Full Year

to teenagers, the data are mixed. British Columbia, which is among the provinces with the highest cigarette prices, has the lowest smoking prevalence rate for teens in the country (20%). In Quebec, with comparatively low cigarette prices, 36% of teens smoke, well above the national average for this group. However, in Ontario, also with comparatively low cigarette prices, only 25% of teens smoke, somewhat below the national average for this group.

How Dependent are Smokers?

One measure of nicotine dependence is the time elapsed after waking up in the morning before a smoker lights up. By this measure, one quarter (25%) of daily smokers are highly dependent, having their first cigarette within 5 minutes, while another third (32%) show moderately high dependence by lighting up within 6-30 minutes.

When compared with 1994, in 1999 the percentage of smokers at the extreme ends of dependence has increased. In 1999, there is a larger proportion of highly dependent smokers (25% vs 18%) and a higher fraction of least dependent smokers, that is, those who light up after more than 60 minutes (26% vs 19%). With respect to those smokers in the middle range of dependence, that is, those who light up within between 6 and 60 minutes, there are significantly fewer in 1999 (49% vs 63%) than in 1994.

Tendances du tabagisme, 1999

L'enquête de surveillance de l'usage du tabac au Canada (ESUTC) a été élaborée pour fournir à Santé Canada et à ses partenaires des données d'actualité, fiables et continues sur l'usage du tabac et les questions qui s'y rattachent. Le principal objectif de l'enquête est de suivre les changements en ce qui concerne l'usage du tabac et le nombre de cigarettes fumées, en particulier dans les populations les plus à risque, comme les 15 à 24 ans. (Une description de la conception et des méthodes de l'enquête est fournie à la fin du document.)

Des feuillets de renseignements établis selon les données de la phase 1 de l'ESUTC (février-juin 1999) ont été diffusés en janvier 2000. Les données de la phase 2 de l'ESUTC ont été recueillies entre juillet et décembre 1999.

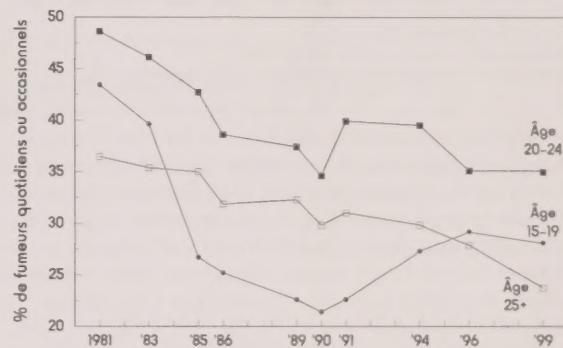
Les résultats récents mentionnés ici sont fondés principalement sur les données de l'année entière (févr.-déc. 1999) que Statistique Canada a obtenues en interviewant environ 22 000 personnes tout au long de l'année 1999.

Combien y a-t-il de fumeurs au Canada?

En 1999, il y avait un peu plus de 6 millions de fumeurs au Canada, soit 25 % de la population âgée de 15 ans et plus et 50 % du nombre de fumeurs en 1965, année où le gouvernement fédéral a commencé à surveiller l'usage du tabac.

Il est encourageant de noter que, depuis 1981, l'usage du tabac a diminué dans tous les groupes d'âge. Néanmoins, depuis 1990, on constate que les baisses de prévalence les plus considérables se sont produites dans les groupes plus âgés, soit chez les 25 ans et plus (fig. 1). L'usage du tabac chez les adolescents de 15 à 19 ans, malgré une importante réduction par rapport à 43 % en 1981, a augmenté depuis 1990 (21 %), mais semble avoir atteint un plateau depuis 1994 – aux alentours de 28 %. Les tendances touchant l'usage du tabac chez les jeunes adultes âgés de 20 à 24 ans reflètent les tendances du groupe de relève des 15 à 19 ans. Pendant les années 1990, les taux de prévalence pour le groupe des 20 à 24 ans ont grimpé au début de la décennie, pour ensuite se stabiliser et, finalement, commencer à chuter vers le milieu de la décennie; les taux se sont maintenant stabilisés à environ 35 %.

— Figure 1 —
Tendances du tabagisme depuis 1981
Fumeurs actuels, selon l'âge, Canada 1981-1999



Sources : Suppléments de l'Enquête sur la population active 1981-1986; Enquête canadienne sur la consommation d'alcool et d'autres drogues 1989; Enquête de la promotion de la santé 1990; Enquête sociale générale 1991; Enquête sur le tabagisme au Canada, Cycle 1, 1994; Enquête nationale sur la santé de la population 1996-1997; Enquête de surveillance de l'usage du tabac au Canada, année entière, 1999

Qui sont les fumeurs potentiels?

On remarque que l'usage du tabac est plus fréquent chez les personnes n'ayant pas terminé leurs études secondaires. De plus, la prévalence du tabagisme est supérieure à la moyenne nationale parmi les résidents du Québec, de Terre-Neuve et de la Nouvelle-Écosse (fig. 2). Au Canada, 42 % des hommes âgés de 20 à 22 ans fument (fig. 3); ceux-ci feront l'objet d'une surveillance accrue.

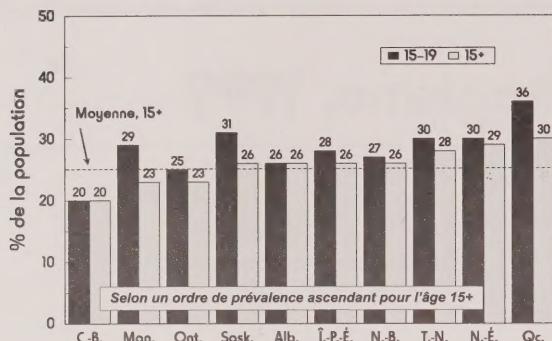
Habituellement, les non-fumeurs canadiens — qui ont cessé de fumer ou qui n'ont jamais fumé — vivent plus vieux, détiennent un diplôme universitaire et habitent en Colombie-Britannique, au Manitoba ou en Ontario.

En général, parmi les Canadiens de 15 ans et plus, les hommes sont plus susceptibles de fumer que les femmes (27 % et 23 % respectivement). Toutefois, de la mi-adolescence à la mi-vingtaine, le comportement lié au tabagisme connaît

— Figure 2 —

Définitions provinciales du tabagisme

Fumeurs actuels,* selon la province et l'âge, Canada 1999



* fumeurs actuels – quotidiens, occasionnels, débutants

Source : Enquête de surveillance de l'usage du tabac au Canada, année entière, 1999

un renversement saisissant (fig. 3). Chez les 15 à 17 ans, une plus grande proportion de jeunes femmes que d'hommes fument (26 %, comparativement à 20 %). Chez les 18-19 ans, 36 % des jeunes hommes fument, par opposition à 32 % des jeunes femmes. Chez les 20 à 22 ans, 42 % des jeunes hommes fument, tandis que 34 % des jeunes femmes fument. À 23-24 ans, l'écart est à son maximum : 36 % des jeunes hommes, comparativement à 27 % des jeunes femmes. Chez les individus plus âgés, les différences dans la prévalence du tabagisme sont plus minces.

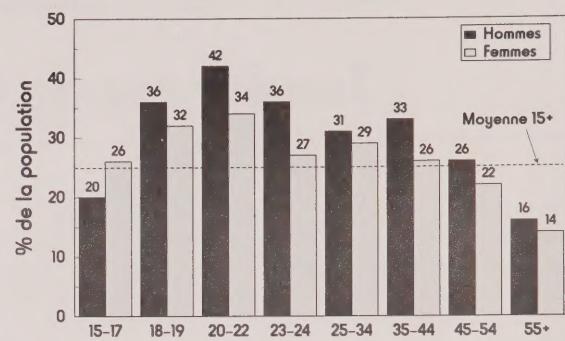
Les taux provinciaux de tabagisme chez les fumeurs actuels âgés de 15 ans et plus et de 15 à 19 ans sont présentés à la figure 2. À l'exception de Terre-Neuve, de la Nouvelle-Écosse, du Québec, et de la Colombie-Britannique, la prévalence du tabagisme ne s'écarte que de quelques points de pourcentage de la moyenne canadienne (25 %). Les taux de prévalence au Québec, à Terre-Neuve et en Nouvelle-Écosse (respectivement 30 %, 28 % et 29 %) sont supérieurs à ceux des autres provinces, tandis que celui de la Colombie-Britannique est le plus faible (20 %). C'est au Québec que le taux de tabagisme chez les adolescents est le plus élevé (36 %); au Manitoba, à Terre-Neuve, en Nouvelle-Écosse et en Saskatchewan, le taux est supérieur à la moyenne nationale (respectivement 29 %, 30 %, 30 %, et 31 %); la Colombie-Britannique demeure la province avec le taux le plus bas (20 %).

Parmi les cinq provinces où les cigarettes sont vendues relativement bon marché (Nouveau-Brunswick, Nouvelle-Écosse, Ontario, Île-du-Prince-Édouard et Québec), toutes, à l'exception de l'Ontario, ont un taux total de tabagisme au-dessus de la moyenne (fig. 2). En ce qui concerne les adolescents, les données sont variables. La Colombie-Britannique, qui compte parmi les provinces où le prix des

— Figure 3 —

Définitions du tabagisme selon l'âge et le sexe

Fumeurs actuels,* selon l'âge et le sexe, Canada 1999



* fumeurs actuels – quotidiens, occasionnels, débutants

Source : Enquête de surveillance de l'usage du tabac au Canada, année entière, 1999

cigarettes est le plus élevé, a le taux de prévalence du tabagisme chez les adolescents le plus bas du pays (20 %). Au Québec, où les cigarettes sont vendues à meilleur prix, 36 % des adolescents fument, ce qui est bien au-dessus de la moyenne nationale pour ce groupe. Par contre, même si le prix des cigarettes est relativement bas en Ontario, seulement 25 % des adolescents de cette province fument, ce qui est inférieur à la moyenne nationale pour ce groupe.

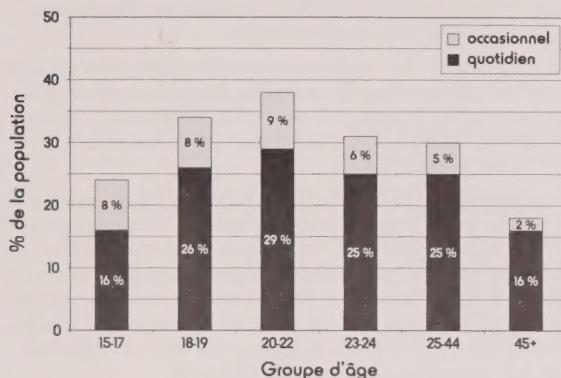
Jusqu'à quel point les fumeurs sont-ils dépendants?

On peut mesurer la dépendance à la nicotine en calculant le temps écoulé entre le réveil et la première cigarette. Cette mesure a permis de déterminer que le quart (25 %) des fumeurs quotidiens est très dépendant, puisqu'ils fument leur première cigarette dans les 5 premières minutes suivant leur réveil. Le tiers (32 %) font preuve d'une dépendance plus modérée, car ils allument leur cigarette dans les 6 à 30 premières minutes.

Lorsqu'on compare les données de 1994 et celles de 1999, on s'aperçoit qu'en 1999, le pourcentage de fumeurs situés aux deux extrêmes de l'axe de la dépendance s'est accru. En 1999, la proportion de fumeurs très dépendants était plus grande (25 %, comparativement à 18 %), et celle des fumeurs peu dépendants, qui allument une cigarette après plus de 60 minutes, plus élevée (26 %, comparativement à 19 %). Pour ce qui est des fumeurs entre les deux extrêmes, ceux qui allument une cigarette entre 6 et 60 minutes après leur réveil, le pourcentage a considérablement chuté (49 % en 1999, comparativement à 63 % en 1994).

— Figure 4 —

Taux de tabagisme chez les adolescents et jeunes adultes



Source : Enquête de surveillance de l'usage du tabac au Canada, année entière, 1999

Le tabagisme chez les jeunes et les jeunes adultes

Le tabagisme croît à l'adolescence et atteint son apogée au commencement de l'âge adulte, ce qui est compatible avec les tendances passées. Comme le montre la figure 4, la cause principale de cette hausse est l'accroissement du nombre de fumeurs quotidiens. Parmi les groupes d'âge pris en considération, celui des adultes de 20 à 22 ans a le taux de tabagisme le plus élevé, et le plus grand pourcentage global de fumeurs quotidiens, tandis que la prévalence du tabagisme décline chez les groupes plus âgés.

Dans certains groupes d'âge, par contre, la proportion de fumeurs quotidiens s'accroît de manière constante avec l'âge. Environ les deux tiers des fumeurs âgés de 15 à 17 ans et les trois quarts des 18 à 19 ans fumaient tous les jours en 1999. Chez les fumeurs de 25 à 44 ans, le pourcentage s'élève à plus de 80 %, et chez les 45 ans et plus, à près de 90 %.

De plus, le nombre de cigarettes fumées par jour augmente avec l'âge. Les fumeurs quotidiens de moins de 20 ans fument moins de 15 cigarettes par jour, alors qu'en moyenne, les fumeurs plus âgés en fument entre 18 et 19 par jour.

Qui essaie de cesser de fumer?

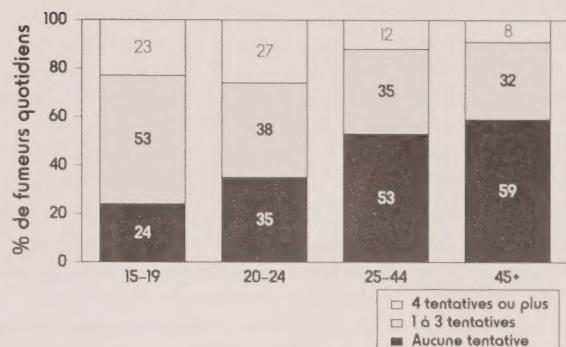
Parmi les Canadiens ayant déjà fumé, 11 % déclarent être en voie d'arrêter de fumer ou se préparent activement à le faire. Le pourcentage est le même qu'en 1994.

En 1999, parmi ceux ayant déjà fumé (fumeurs actuels et anciens fumeurs combinés), 25 % fumaient toujours et ne songeaient pas renoncer à le faire dans un avenir proche

— Figure 5 —

Tentatives de renoncer au tabac

Tentatives d'abandon au cours de la dernière année, selon l'âge, fumeurs quotidiens, Canada 1999*



* Les pourcentages peuvent ne pas totaliser 100 à cause de l'arrondissement.

Source : Enquête de surveillance de l'usage du tabac au Canada, phase 2, 1999

(c.à-d. dans les 6 mois suivants). En 1994, les mêmes résultats avaient été obtenus pour le groupe des personnes sur le point d'envisager de cesser de fumer. Actuellement, ces personnes représentent environ la moitié (48 %) des Canadiens qui fument actuellement.

Dans la seconde moitié de 1999, la moitié des fumeurs quotidiens (49 %) déclarent avoir essayé d'arrêter au moins une fois pendant une période de 24 heures ou plus, dans les 12 mois précédents. Parmi ceux qui ont essayé, plus du quart (27 %, soit 13 % des fumeurs quotidiens – pourcentage remarquablement élevé) l'ont fait quatre fois ou plus.

Les tentatives de renoncer sont fortement liées à l'âge (fig. 5) : plus l'âge augmente, moins il y a de tentatives d'arrêter de fumer. Cette situation dénote probablement une plus forte dépendance à la cigarette chez les fumeurs plus âgés due au fait que la plupart de ceux qui avaient un taux de dépendance plus faible ont réussi à cesser de fumer avant 45 ans. En 1999, 75 % des adolescents ont essayé au moins une fois de renoncer au tabagisme, ce qui confirme les études antérieures montrant une forte motivation à renoncer chez les nouveaux fumeurs. Par contre, le nombre élevé de fumeurs de 20 à 22 ans (fig. 3) suggère que la volonté d'arrêter ne se traduit pas souvent par une tentative fructueuse.

Méthodes utilisées pour l'enquête

Objectifs. L'enquête de surveillance de l'usage du tabac au Canada (ESUTC) est une nouvelle enquête élaborée pour fournir à Santé Canada et à ses partenaires des données fiables sur l'usage du tabac et les questions qui s'y rattachent. Son principal objectif est de suivre l'évolution de la situation

relativement à l'usage du tabac et au nombre de cigarettes fumées, en particulier dans les populations les plus à risque, comme les jeunes âgés de 15 à 24 ans. Par exemple, l'ESUTC permettra à Santé Canada d'estimer semi-annuellement la prévalence du tabagisme selon la province et le sexe pour les groupes de 15 à 24 ans et de 25 ans et plus.

Renseignements sur la population. La première phase de l'ESUTC vise les 15 ans et plus résidant au Canada, à l'exclusion des résidents du Yukon, des Territoires du Nord-Ouest et du Nunavut, et les personnes institutionnalisées. De plus, étant donné que cette enquête a été effectuée par téléphone, les 3% de Canadiens qui n'ont pas le téléphone ont été exclus.

Collecte de données. Les résultats contenus dans les présents feuillets de renseignements sont fondés sur la collecte de données effectuée entre février et décembre 1999 (de juillet à décembre pour les tentatives de renoncement au tabac). Statistique Canada a fait des entrevues téléphoniques assistées par ordinateur; seules les déclarations directes des personnes sélectionnées (c.-à-d. sans tiers) ont été retenues.

Conception de l'enquête. L'échantillon actuel de l'ESUTC est de 22 013 personnes, dont environ la moitié sont âgées de 15 à 24 ans. Ce suréchantillonnage permet d'estimer la prévalence du tabagisme chez les Canadiens de 15 à 19 ans et de 20 à 24 ans avec une marge d'erreur de $\pm 3\%$ pour chaque année. De plus, afin de permettre des comparaisons provinciales ayant sensiblement la même fiabilité, l'échantillon global de l'enquête est divisé également entre les 10 provinces canadiennes.

Contrairement à ce qui se fait dans les enquêtes par téléphone qui utilisent l'approche du quota pour l'échantillonnage, chaque numéro de téléphone composé par Statistique Canada a été entièrement pris en compte. (Ceci est nécessaire pour calculer de façon précise le taux de réponse de l'enquête et bien pondérer les données afin que la population canadienne soit bien représentée.) Si personne ne répondait après un minimum de 17 rappels, on communiquait avec les compagnies de téléphone afin de vérifier si les numéros étaient

Terminologie

Les catégories de tabagisme ont été définies, autant que possible, de façon à être comparables aux définitions utilisées dans d'autres enquêtes nationales récentes.

Fumeur actuel – fumait au moment de l'entrevue. Cette catégorie englobe les **fumeurs quotidiens** et les **fumeurs occasionnels**. La catégorie a été déterminée à partir de la réponse à la question : «Actuellement, fumez-vous des cigarettes tous les jours, à l'occasion ou jamais?»

Ancien fumeur – ne fumait pas au moment de l'entrevue, mais a répondu «oui» à la question «Avez-vous fumé au moins 100 cigarettes au cours de votre vie?» On a ensuite déterminé les catégories **ancien fumeur de longue date** (ont réussi à cesser de fumer, il y a plus d'un an) et **ancien fumeur récent** (ont cessé de fumer au cours de la dernière année) selon la réponse à la question «Quand avez-vous cessé de fumer? Est-ce il y a moins d'un an, il y a de 1 à 5 ans, ou il y a plus de 5 ans?»

Jamais fumé – ne fumait pas au moment de l'entrevue et a répondu «non» à la question «Avez-vous fumé au moins 100 cigarettes au cours de votre vie?»

Non-fumeur – cette catégorie regroupe les anciens fumeurs et les personnes qui n'ont jamais fumé.

Étapes du changement – pour une définition opérationnelle complète des différentes étapes du changement concernant l'usage du tabac, s'il vous plaît voir le site Web suivant : http://www.hc-sc.gc.ca/hpb/lcdc/bc/ctums/index_f.html

valides, et, lorsqu'ils l'étaient, s'il s'agissait d'une entreprise ou d'une résidence. On a utilisé les dossiers administratifs de Statistique Canada pour ajuster tout numéro de téléphone problématique. Le taux de réponse global de l'ESUTC, qui tient compte de la participation des ménages et des individus au sein de ces ménages, est de 82 %.

Microdonnées. Statistique Canada vend une trousse de microdonnées pour le public, contenant les résultats de l'enquête. On a annoncé la diffusion publique des données le 31 octobre 2000 dans *Le Quotidien de Statistique Canada*.

Ce feuillet de renseignements résume les résultats de la première année de collecte de données dans le cadre de l'Enquête de surveillance de l'usage du tabac au Canada (ESUTC). Il s'agit d'une enquête continue de Santé Canada destinée à fournir des estimations périodiques nationales et provinciales par coupe verticale à l'égard du tabagisme.

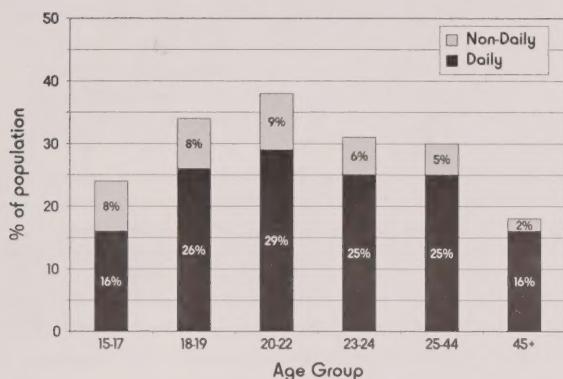
Pour de plus amples renseignements au sujet de l'enquête ou de ses résultats, veuillez communiquer avec le Programme de la lutte au tabagisme, Surveillance et évaluation de la recherche, 123 rue Slater, Santé Canada, indice de l'adresse 3506B, Ottawa (Ontario), K1A 0K9 ou visitez notre site Web au : <http://www.lutte-au-tabagisme.com>.

Citation suggérée : Santé Canada. *Tendances du tabagisme, 1999. ESUTC (Enquête de surveillance de l'usage du tabac au Canada), Phase 2/annuel, février-décembre 1999.*

Vous trouverez des tableaux supplémentaires de l'ESUTC pour l'année entière (février-juin) et les données 1999 de la phase 2 (juillet-décembre), au site Web : http://www.hc-sc.gc.ca/hpb/lcdc/bc/ctums/index_f.html

Also available in English.

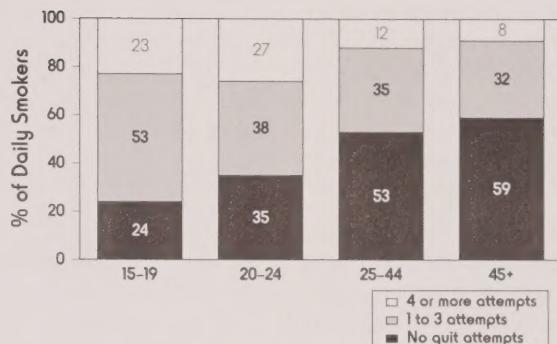
— Figure 4 —
Youth and Young Adult Smoking Rates



Source: 1999 Canadian Tobacco Use Monitoring Survey, Full Year

— Figure 5 —
Attempts to Quit Smoking

Quit attempts during the past year,
by age, daily smokers, Canada 1999*



* Percentages may not add up to 100 because of rounding.

Source: 1999 Canadian Tobacco Use Monitoring Survey, Wave 2

Smoking Among Youth and Young Adults

Consistent with past trends, smoking behaviour increases during adolescence and peaks during young adulthood. As shown in Figure 4, the rise in prevalence is due primarily to the increased numbers of daily smokers. For the age groups considered, adults aged 20-22 have the highest smoking rate, including the highest overall percentage of daily smokers. Smoking prevalence declines across older age groups.

Within specific age groups, however, the proportion of smokers who smoke daily increases steadily with age. About two-thirds of smokers aged 15-17 and three-quarters of smokers aged 18-19 smoked every day in 1999. However, over 80% of smokers aged 25-44 and nearly 90% of smokers aged 45+ smoked every day.

The amount smoked by daily smokers also increases with age. Daily smokers under the age of 20 smoked fewer than 15 cigarettes per day, while older smokers smoked, on average, between 18 and 19 cigarettes per day.

Who is Trying to Quit?

Among Canadians who have ever smoked, 11% report being in the process of quitting or actively preparing to quit. This is the same percentage of ever-smokers who were in the "preparation" or "action" phases of quitting in 1994.

In 1999, among those who had ever smoked (i.e. current and former smokers combined), 25% were still smoking and not even thinking about quitting in the near future (i.e. the next 6 months). Identical results were found in 1994, when 25% of ever-smokers were still smoking and not considering quitting (i.e. "precontemplators"). Currently, these precontemplators represent about half (48%) of all Canadians who currently smoke.

In the second half of 1999, half of all daily smokers (49%) report at least one quit attempt in the previous 12 months that lasted 24 hours or more. Of those who tried to quit, more than a quarter (27%) made four or more attempts. This amounts to an impressive 13% of all daily smokers.

Attempts to quit are strongly related to age (Fig. 5), indicating that fewer smokers make fewer individual attempts with increasing age. This probably reflects a greater dependence on cigarettes among older smokers, as most of those with lower levels of dependence would have successfully quit smoking by age 45. Three-quarters of teen smokers made one or more attempts to quit in 1999, which is consistent with earlier studies showing a strong motivation to stop smoking on the part of new smokers. The very high level of smoking at age 20-22, however (Fig. 3), suggests that the will to quit is not often translated into successful action.

Survey Methods

Objectives. The Canadian Tobacco Use Monitoring Survey (CTUMS) is a new survey developed to provide Health Canada and its partners with reliable data on tobacco use and related issues. The primary objective is to track changes in smoking status and amount smoked, especially for populations most at risk for taking up smoking, such as 15-24 year olds. For example, CTUMS will allow Health Canada to estimate smoking prevalence for age groups 15-24 years and 25+ by province and by sex on a semi-annual basis.

Population Coverage. The target population for the first wave of CTUMS was all persons 15 years of age and older living in Canada, excluding residents of the Yukon, Northwest Territories and Nunavut, and full-time residents of institutions. In addition, because this was a telephone survey, the 3% of Canadians without telephones were not included.

Data Collection. The results in these fact sheets are based on data collection that took place between February and December 1999 (July through December for smoking-cessation attempts). Statistics Canada conducted computer-assisted interviews by telephone; only direct reports (i.e. not third-party) with the selected person were accepted.

Survey Design. The actual sample for CTUMS was 22,013, with about half of this number aged 15-24. This oversampling means that it is possible to estimate the smoking prevalence of Canadians aged 15-19 and 20-24 within about $\pm 3\%$ each year. Further, to allow provincial comparisons of approximately equal reliability, the overall sample size for the survey is divided equally across all 10 Canadian provinces.

Unlike telephone surveys that use a quota approach to sampling, every telephone number called by Statistics Canada was fully accounted for. (This is necessary in order to calculate the survey's response rate accurately

Terminology

Smoking status has been defined, wherever possible, to be consistent with the definitions used in other recent national surveys.

Current smoker – was smoking at the time of the interview, and included daily smokers and nondaily smokers (also known as occasional smokers). Smoking status was determined from the response to the question: "At the present time do you smoke cigarettes every day, occasionally, or not at all?"

Former smoker – was not smoking at the time of the interview, however, answered "YES" to the question: "Have you smoked at least 100 cigarettes in your life?" **Long-term former smokers** (successful quitters, 1+ year ago) and **short-term former smokers** (recent quitters, <1 year ago) were then determined by their response to the question: "When did you stop smoking? Was it less than one year ago, 1 to 5 years ago, or more than 5 years ago?"

Never smoker – was not smoking at the time of the interview and answered "NO" to the question: "Have you smoked at least 100 cigarettes in your life?"

Nonsmokers – are former smokers and never smokers combined.

Stages of change – for a complete operational definition of the different stages of change relating to tobacco use, please see the following website:

<http://www.hc-sc.gc.ca/hpb/lcdc/bc/ctums/index.html>

and properly weight the data to represent the Canadian population.) For those telephone numbers with no answer after a minimum of 17 call-backs, the telephone companies were contacted to determine whether the number was valid and, if it was, whether it was a business or residential number. Statistics Canada's administrative records were used to adjust for any other outstanding telephone numbers. The overall response rate for CTUMS, which takes into consideration the participation of both households and individuals within households, was 82%.

Microdata. A public use microdata set containing the results of the survey is available for purchase from Statistics Canada. The public release of the data was announced on October 31, 2000, in Statistics Canada's *The Daily*.

This Fact Sheet summarizes results for the first year of data collection for the Canadian Tobacco Use Monitoring Survey (CTUMS), a new ongoing Health Canada survey designed to provide periodic national and provincial cross-sectional estimates on tobacco use.

For more information about the survey and/or its results, please write the Tobacco Control Programme, Research Surveillance and Evaluation, 123 Slater Street, Health Canada, Address Locator 3506B, Ottawa, ON, K1A 0K9 or visit our website at <http://www.tobacco-control.com>.

Suggested Citation: Health Canada. *Trends in Smoking, 1999. CTUMS (Canadian Tobacco Use Monitoring Survey). Wave 2/Annual, February-December 1999.*

CTUMS Supplementary Tables, based on Full Year (February-June) and Wave 2 (July-December) datasets, 1999, can be found on this website:

<http://www.hc-sc.gc.ca/hpb/lcdc/bc/ctums/index.html>

Aussi disponible en français.

CTUMS

CANADIAN TOBACCO USE MONITORING SURVEY

Annual

February-December 2000

You're not the only one smoking this cigarette

CTUMS Annual, 2000

The Canadian Tobacco Use Monitoring Survey (CTUMS) was developed to provide Health Canada and its partners with timely, reliable, and continual data on tobacco use and related issues. The survey's primary objective is to track changes in smoking status and amount smoked, especially for populations most at risk, such as 15-24 year olds.

These latest findings are based on interviews conducted by Statistics Canada between February and December 2000. (A full description of the survey design and methods may be found at the end of this document.) Fact sheets with results for 1999 have been published previously;^{1,2} additional fact sheets for 2000 will be released in the coming months.

This fact sheet focuses mainly on exposure to Environmental Tobacco Smoke (ETS, also known as second-hand smoke), but also includes updated estimates of smoking prevalence and amount smoked, and highlights of other findings on smoking behaviour, nicotine dependence, and readiness to quit smoking.

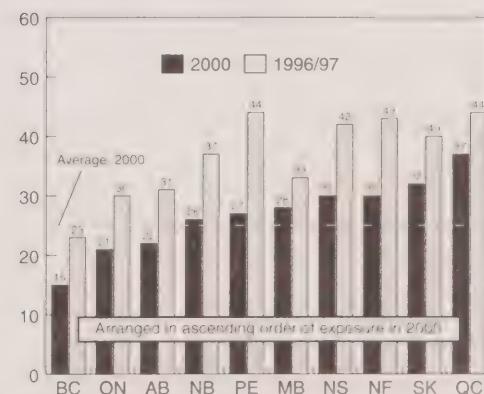
Exposure to Environmental Tobacco Smoke (ETS) in the Home

In 2000, 25% of the 2.4 million households with children under the age of 12 reported regular exposure of these children to Environmental Tobacco Smoke (ETS) in the home from cigarettes, cigars or pipes. This appears to be a substantial improvement from 1996/97, when there were smokers in 33% of such homes.³ Nevertheless, this means that approximately 900,000 children under the age of 12 continue to be regularly exposed to ETS while in the home. Considering that an additional 760,000 children between the ages of 12 and 17 were also regularly exposed to tobacco smoke while at home in 2000, this means that over 1.6 million children under the

age of 18 have increased risks for health and of taking up smoking. Children in British Columbia, Ontario, and Alberta homes were much *less* likely to be exposed to ETS at home, while their peers in Saskatchewan and Quebec homes are much *more* likely to be exposed. These provincial differences correspond to differences in prevalence rates.

Between 1996/97 (National Population Health Survey, Cycle 2) and 2000 (CTUMS), every province saw a reduction in exposure of children to ETS (Figure 1). The greatest proportional reduction in numbers of homes reported with second-hand smoke exposure occurred in Prince Edward Island and Newfoundland: 38% and 36% respectively.

—Figure 1—
Children's Exposure to Tobacco Smoke at Home



Sources: 1996/97 National Population Health Survey and 2000 Canadian Tobacco Monitoring Survey

The number of cigarettes smoked indoors is a major determinant of the level of risk to a child's health. In those homes with children under the age of 12 where smoking occurs, 47% reported a daily indoor consumption of 1-10 cigarettes; 28% reported a daily indoor consumption of 11-20 cigarettes; and 25% reported a daily indoor consumption of more than 21 cigarettes. Where second-hand smoke exposure was reported, children under the age of 12 were exposed to slightly more than 12 cigarettes per day, on average.

The number of smokers who smoke indoors also influences the level of health risk from ETS exposure at home. In about half of homes with young children (children under age 12) exposed to tobacco smoke, only one person smoked regularly indoors. However, over a third (34%) of homes with young children exposed to tobacco smoke had two indoor smokers, and 10% had three or more smokers.

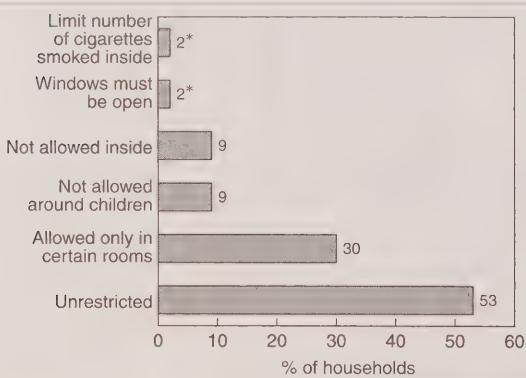
Restrictions on Smoking at Home

Of those homes where smoking was permitted, about half of them (47%) reported a variety of restrictions intended to limit children's exposure to ETS (Figure 2). However, the other half (53%) reported no restrictions whatsoever. In those homes with restrictions, the most common measure was allowing smoking only in designated rooms (although this is unlikely to be effective as the polluted air circulates throughout the house). Requiring smokers to go outside and not smoking in front of children were also common measures intended to restrict ETS exposure at home. Of all these methods to limit ETS exposure, smoking outside is undoubtedly the most effective.

—Figure 2—

Restrictions on Smoking in Homes with Children⁴

Households with children age 0-11 where smoking is allowed, Canada, 2000



Source: 2000 Canadian Tobacco Use Monitoring Survey

* Moderate sampling error: use with caution

Other Survey Highlights

In addition to taking a measure of ETS exposure in Canadian homes, CTUMS 2000 also gathered other information on smoking behaviour. This information was obtained through approximately 20,000 interviews of people aged 15 years and older, about half of whom were between 15 and 24 years of age. Highlights are provided here; detailed fact sheets will appear in the coming months.

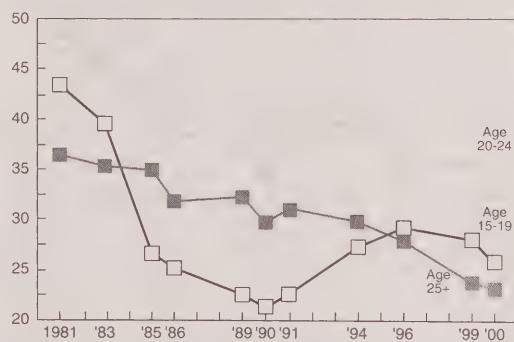
Prevalence of Smoking

In 2000, smoking prevalence in Canada for the population 15 years and older stood at 24%. This represented the lowest overall level since regular monitoring of smoking began in 1965. Recent trends continued downward for all age groups (Figure 3), with adults aged 25 and older showing the most consistent decline over the past 20 years. Among young adults aged 20-24, between 1999 and 2000, smoking declined from 35% to 32%. It is encouraging to note that the prevalence of smoking for teens aged 15-19, reported at 28% in CTUMS 1999, is now being reported at 25% for CTUMS 2000.

—Figure 3—

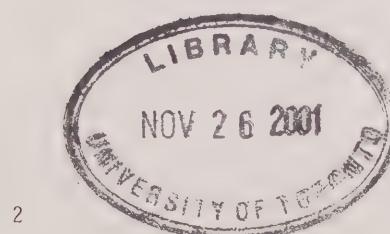
Trends in Smoking Since 1981

Current smokers,* by age group, Canada, 1981-2000



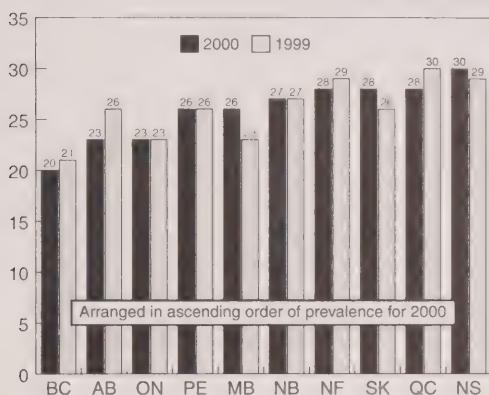
Sources: 1981-1986 Labour Force Survey supplements; 1989 National Alcohol and Other Drugs Survey; 1990 Health Promotion Survey; 1991 General Social Survey; 1994 Survey on Smoking in Canada, Cycle 1; 1996-97 National Population Health Survey; 1999 and 2000 Canadian Tobacco Use Monitoring Surveys

* Current smokers – daily, non-daily



For the first time in a decade, smoking prevalence in Quebec was not ranked highest in the country. Indeed, Quebec, along with Alberta and Newfoundland, showed the greatest declines between 1999 and 2000. Overall, prevalence rates among the provinces continued to vary widely, from a low of 20% in British Columbia to a high of 30% in Nova Scotia (Figure 4). In addition, there were wide differences in average amounts reported smoked by daily smokers from a high of 14.8 cigarettes per day in British Columbia to 19 cigarettes per day in New Brunswick.

—Figure 4—
Provincial Differences in Smoking
Current smokers* by province (age 15+)



Source: 1999 and 2000 Canadian Tobacco Use Monitoring Surveys

* Current smokers – daily, non-daily

CTUMS results indicate a relationship between both prevalence and self-reported amount smoked, and rates of taxation. In those provinces with "high" tax rates (B.C., Alta, Sask., Man., Nfld), the prevalence rates of those aged 15-24 and those aged 25 years and older were 27% and 22%, respectively. In the "low tax" provinces (Ont., Que., P.E.I., N.S., N.B.), the prevalence rates among 15-24 year olds and those 25 years and older were 30% and 25%, respectively. In "high tax" provinces, the self-reported amount smoked by daily smokers is 13 cigarettes per day for 15-24 year olds, and 16 per day for those aged 25 and older. In "low tax" provinces, the self-reported amount smoked by daily smokers is 14 cigarettes per day for 15-24 year olds, and 18 per day for those aged 25 years and older.

What Tobacco Products are Being Smoked?

In 2000, there were about 6 million cigarette smokers in Canada with the vast majority (84%) smoking only manufactured cigarettes. Nine percent smoked roll-your-owns sometimes or most of the time; while only 7% smoked roll-your-owns exclusively. Among cigarette smokers, the most popular choice was a light/mild cigarette (42%), while a third (34%) preferred regular strength, and 23% preferred ultra/extra light or ultra/extra mild cigarettes.

Only 3% of Canadians smoked a cigar or cigarillo in the 30 days before the survey, and 1% used chewing tobacco. These patterns have changed little over the years.

Nicotine Dependence and Readiness to Quit

CTUMS 2000 indicated that the average smoker in Canada has been smoking cigarettes for 24 years; smokes an average of 16.8 cigarettes every day; lights up the first cigarette within 30 minutes of waking; and is not even thinking about quitting (48% were in "precontemplation"). However, more than a third of current smokers (36%) were contemplating quitting, and 16% of smokers reported taking concrete steps to do so. Teen smokers were most likely to be taking action to quit (25%) while half of adult smokers were most likely to not even be contemplating it (Figure 5).

—Figure 5—
Readiness to Quit Smoking



Source: 2000 Canadian Tobacco Use Monitoring Survey

* Current smokers – daily, non-daily

There appears to be an association between thinking about quitting and amount smoked. Daily smokers in the precontemplation phase of quitting smoked an average of 16.6 cigarettes per day, while those in the preparation phase consumed 12 per day. Reducing the amount smoked may be an indication of readiness to quit and may also be an important step in the quitting process.

Survey Methods

Objectives. The Canadian Tobacco Use Monitoring Survey (CTUMS) was initiated in 1999 to provide Health Canada and its partners with reliable data on tobacco use and related issues. The primary objective is to track changes in smoking status and amount smoked, especially for populations most at risk for taking up smoking, such as 15-24 year olds. For example, CTUMS will allow Health Canada to estimate smoking prevalence for age groups 15-24 and 25 years and older by province and by sex on a semi-annual basis.

Population Coverage. The target population for CTUMS is all persons 15 years of age and older living in Canada, excluding residents of Yukon, Nunavut, and the Northwest Territories, and full-time residents of institutions. In addition, because this was a telephone survey, the 3% of Canadians without telephones were not included.

Data Collection. The results in this fact sheet are based on data collection that took place between February and December 2000. Statistics Canada conducted computer-assisted interviews by telephone; only direct reports (i.e., not third-party) with the selected person were accepted.

Survey Design. In approximately 44,400 households, information about household composition, ETS in the home, and restrictions was collected. In half of those households, one person was selected to obtain information on smoking habits. This amounted to 20,415 individuals, about half of whom were aged 15-24. This oversampling means that it is possible to estimate the smoking prevalence of Canadians aged 15-19 and 20-24 within about $\pm 3\%$ each year. Further, to allow provincial comparisons of approximately equal reliability, the overall sample size for the survey is divided equally across all 10 Canadian provinces.

The overall response rate for CTUMS, which takes into consideration the participation of both households and individuals within households, was 81%. Unlike telephone surveys that use a quota approach to sampling, every telephone number called by Statistics Canada was fully accounted for, in order to calculate the survey's response rate accurately and properly weight the data to represent the Canadian population. For those telephone numbers with no answer after a minimum of 17 callbacks, the telephone companies were contacted to determine whether the number was valid and, if it was, whether it was a business or residential number. Statistics Canada's administrative records were used to adjust for any other outstanding telephone numbers.

Microdata. A public use microdata set containing the results of the survey is available for purchase from Statistics Canada. The public release of the data was announced on May 29, 2001 in Statistics Canada's *The Daily*.

References

1. Health Canada. *Canadian Tobacco Use Monitoring Survey, Wave 1*. 1. Summary of Results. January 2000.
2. Health Canada. *Canadian Tobacco Use Monitoring Survey, Wave 2/Annual*. 1. Trends in Smoking, 1999. January 2001.
3. Health Canada. *National Population Health Survey Highlights*. 1.9 Exposure to Environmental Tobacco Smoke. January 1999, No. 1. (Note that while the questions asked in the two surveys are similar, they are not identical.)
4. Multiple responses possible.

Terminology

Smoking status has been defined, wherever possible, to be consistent with the definitions used in other recent national surveys.

Smoking prevalence - the percentage of smokers in a particular group who smoke either daily or occasionally.

Cigarette consumption - the amount reported smoked by either daily or occasional smokers over a period of time.

Current smoker - was smoking at the time of the interview, and included daily smokers and non-daily smokers (also known as occasional smokers). Smoking status was determined from the response to the question: "At the present time do you smoke cigarettes every day, occasionally, or not at all?"

Former smoker - was not smoking at the time of the interview, however, answered "YES" to the question: "Have you smoked at least 100 cigarettes in your life?" Long-term former smokers (successful quitters, 1+ year ago) and short-term former smokers (recent quitters, <1 year ago) were then determined by their response to the question: "When did you stop smoking? Was it less than one year ago, 1 to 5 years ago, or more than 5 years ago?"

Never smoker - was not smoking at the time of the interview and answered "NO" to the question: "Have you smoked at least 100 cigarettes in your life?"

Nonsmoker - former smokers and never smokers combined.

Precontemplation - current smokers who answered "NO" to the question, "Are you seriously considering quitting within the next 6 months?"

Contemplation - current smokers who were either seriously considering quitting within the next 6 months, but answered "NO" to the question, "Are you seriously considering quitting within the next 30 days?" OR were seriously considering quitting within the next 30 days, but did not try to quit for at least 24 hours during the past year (i.e., answered "NONE" to the question, "In the last year, how many times have you quit for at least 24 hours?"

Preparation - current smokers who were seriously considering quitting within the next 30 days and had quit smoking at least once, for at least 24 hours, during the past year.

Action - former smokers (i.e., did not currently smoke) who had quit smoking within the past 5 months (inclusive).

Maintenance - former smokers who, at the time of the interview, had quit smoking at least 6 months ago.

This Fact Sheet summarizes results for the second year of data collection for the Canadian Tobacco Use Monitoring Survey (CTUMS), a new ongoing Health Canada survey designed to provide periodic national and provincial cross-sectional estimates on tobacco use.

For more information about the survey and/or its results, please write the Tobacco Control Programme, Research, Evaluation and Surveillance, 123 Slater Street, Health Canada, Address Locator 3507B, Ottawa, ON, K1A 0K9 or visit our website at: http://www.hc-sc.gc.ca/hppb/tobacco/ctums_splash.html

Suggested Citation: Health Canada. *You're not the only one smoking this cigarette*, CTUMS (Canadian Tobacco Use Monitoring Survey) Annual, February-December 2000. Aussi disponible en français.

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